

CONSUMPTION OF THE VEGETABLE AND FRUIT IN ELEMENTARY SCHOOL IN MAMUJU REGENCY, WEST SULAWESI

Hapzah^{*)}, Ulfa

Department of Nutrition, Mamuju Health Polytechnic

^{*)} E-mail: hapzah@yahoo.co.id

ABSTRACT

The studies say that by applying the consumption pattern of vegetables and fruits since the early age of children will contribute positively to the intake of vegetables and fruit until adolescence and adulthood. The problem of malnutrition in Indonesia is still a high prevalence of public health problem. Among 33 provinces, there are three provinces that have very high prevalence categories, namely West Sulawesi, West Papua, and East Nusa Tenggara. In West Sulawesi, the prevalence of malnutrition with indicators weigh per age is $\geq 30\%$, and the prevalence of malnutrition with indicators height per age is $\geq 50\%$, whereas according to WHO (2010) the prevalence is very high if ≥ 30 percent. This research is a descriptive study. The aim of the study was to identify the consumption of vegetables and fruits among elementary school children in Mamuju Regency, West Sulawesi. The total samples were 156 elementary school children and were taken proportionally random sampling. The research results show that vegetable consumption is generally less (100%). Similarly, fruits consumption shows that more children with consuming fewer fruits, as many as 136 people (87.2%). It is expected that there will be an intervention program in the form of nutritional education related to the importance of consumption of vegetables and fruits and the amount of sufficient vegetable and fruit intake for children..

Keywords: Vegetable, Fruit, Elementary School, Children, Nutrition.

INTRODUCTION

The problem of malnutrition in Indonesia is still a high prevalence of public health problem. Among 33 provinces, there are three provinces including very high prevalence categories, namely West Sulawesi, West Papua, and East Nusa Tenggara. In West Sulawesi, the prevalence of malnutrition according to the weight per age indicators is $\geq 30\%$, and the prevalence of malnutrition with indicators height/age is $\geq 50\%$, whereas according to WHO (2010) the prevalence is very high if ≥ 30 percent. (Risksdas, 2013).

Vegetables and fruits consumption every day has some benefits for the body such as can reduce risk factors for obesity, diabetes, several types of cancer, and cardiovascular disease (World Health Organization, 2004). In addition, vegetables and fruit consumption can reduce the deficiency of micronutrients. (Wijesinha-Bettoni et al., 2013) and keep body weight stable (Witt and Dunn, 2012). The studies

say that by applying the consumption patterns of vegetables and fruits since children will contribute positively to vegetable and fruit intake until adolescence and adulthood (Nepper and Chai, 2017).

Looking at the background above, the researchers were very interested in conducting a study that aimed to determine the description of the consumption behavior of vegetable and fruit in elementary school children in Mamuju Regency, West Sulawesi Province.

MATERIAL AND METHOD

This is a descriptive study which aims to identify the intake of vegetables and fruit in elementary school children.

The location of the study was conducted at the SD Negeri 001 Mamuju and was carried out in February 2019.

RESULT AND DISCUSSION

Table 1. Characteristics of Respondent

Characteristics	n (156)	%
Father's occupation		
Construction Labour	1	0.4
Fisherman	1	0.4
Farmer	1	0.4
Civil servants	72	
Entrepreneur	81	51.9
Mother's occupation		
House wife	60	38.5
Civil servants	74	47.4

Entrepreneur	22	14.1
Father's Education		
Elementary school	1	0.4
Junior high school	9	5.8
High school	35	22.4
University	111	71.2
Mother's Education		
Elementary school	3	1.9
Junior high school	4	2.6
High school	41	26.3
University	108	69.2
Number of Family members		
> 4	97	62.2
≤ 4	59	37.8

Table 2. Distribution of Respondents based on Vegetable and Fruit Intake at SD Negeri 001 Mamuju, West Sulawesi, 2019

Vegetable and Fruit Intake	n (156)	%
Vegetable Intake		
Less	156	100.0
Fruits Intake		
Enough	20	12.8
Less	136	87.2

The Fruits and vegetables are one of important components in fulfilling balanced nutritional intake (Wijesinha-Bettoni et al., 2013). Balanced nutrition intake by supplementing fruit and vegetable intake contributes greatly to the health status in general by supplementing the body's vitamin and mineral needs (Dalle Nogare N and Soutter E, 2015). WHO recommends consuming 400 gr or more vegetables and fruits every day (World Health Organization, 2004).

However, intake the vegetable and fruit in children is still very low and has not met the WHO recommendations (Nekitsing et al., 2018). For example, studies in America (Nanney et al., 2005) and the United Kingdom (Ahern et al., 2014) state that eating vegetables and fruits is still very low. The low intake of fruits and vegetables and high-energy food intake such as ready-to-eat foods contribute to the increased incidence of obesity in children (Epstein-Solfield et al., 2018).

The research results show that vegetable intake is generally lower, even 100% less. Similarly, fruit intake shows that more children consume less fruit, as many as 136 people (87.2%). In the case of parents' education level, respondents with a

high education were 111 fathers (71.2%) and 108 mothers (69.2%). It shows that higher education does not guarantee the intake of vegetables and fruit will be good either. The mothers' occupation is also on average housewives who have enough free time to provide vegetable intake for their children. This shows that sufficient time for housewives does not guarantee adequate vegetable intake for children. The results of the study also revealed that more than the 4 family members were 97 (62.2%).

Some research suggests that the reasons for the low intake of vegetables and fruits are, among others, the sometimes bitter and sour taste, low-energy vegetables and fruits, and the difficulty of obtaining vegetables and making or because of the availability of vegetables and fruits that are still difficult to obtain (Nekitsing et al., 2018). The results showed that the average children consume vegetables every day but the average amount of intake is less, which is around 56 grams of fruit every day from the adequacy of 250 grams of vegetable intake every day. Factors that can affect the intake of vegetables and fruits among children in fewer numbers one of which is very important is the knowledge of mothers about the number of vegetable needs that

are standard or sufficient for children. Mothers need to have sufficient knowledge about the importance of vegetables and fruit and the sufficient amount of fruit needed by children so that they can provide direction and motivation for their children to consume vegetables and fruit in sufficient quantities. It is expected that the relevant government agencies, health centers and educational institutions such as the Mamuju Ministry of Health Polytechnic carry out an intervention program in the form of nutritional education related to the importance of vegetables and fruits intake and sufficient amount of vegetable and fruit intake for children.

CONCLUSION

The research results show that vegetable intake is generally less (100%). Similarly, fruit intake shows that more children consume less fruit, as many as 136 people (87.2%). It is expected that there will be an intervention program in the form of nutritional education related to the importance of vegetables and fruits intake and the amount of sufficient vegetable and fruit intake for children.

REFERENCES

- Ahern, S.M., Caton, S.J., Blundell, P., Hetherington, M.M., 2014. The root of the problem: Increasing root vegetable intake in preschool children by repeated exposure and flavour flavour learning. *Appetite* 80, 154–160.
- Dalle Nogare N, E.K., Soutter E, O.J., 2015. Fruit and Vegetable Consumption in Rural Victorian School Children. *Prim. Heal. Care Open Access* 05
- Epstein-Solfield, A., Arango, C., Ogan, D., Stendell-Hollis, N., 2018. The Effects of a Nutrition Education Intervention on Third- and Fifth-Grade Students' Fruit and Vegetable Knowledge, Preference And Consumption. *J. Child Nutr. Manag.* 42.
- Kementarian Kesehatan RI.2011. Riset Kesehatan Dasar 2013. Jakarta
- Nanney, M.S., Haire-Joshu, D., Elliott, M., Hessler, K., Brownson, R.C., 2005. Evaluating changeability to improve fruit and vegetable intake among school aged children. *Nutr. J.* 4, 1–7.
- Nekitsing, C., Blundell-Birtill, P., Cockcroft, J.E., Hetherington, M.M., 2018. Systematic review and meta-analysis of strategies to increase vegetable consumption in preschool children aged 2–5 years. *Appetite* 127, 138–154.
- Nepper, M.J., Chai, W., 2017. Parental Views of Promoting Fruit and Vegetable Intake Among Overweight Preschoolers and School-Aged Children. *Glob. Qual. Nurs. Res.* 4.
- Wijesinha-Bettoni, R., Orito, A., Löwik, M., McLean, C., Muehlhoff, E., 2013. Increasing fruit and vegetable consumption among schoolchildren: Efforts in middle-income countries. *Food Nutr. Bull.* 34, 75–94
- World Health Organization, 2004. Fruit and Vegetables for Health. Rome, Italy